

Relationships and Sex Education

Schemes used to deliver the RSE Curriculum:

Christopher Winters Programme

No Outsiders – Picture Books

Links to Science Curriculum

Links to Computing - Internet Safety

Links to EYFS curriculum

Link with PSHE association scheme of work.

My Happy Mind

Reception:

Family and Friendships Lesson 1: Caring Friendships	Family and Friendships Lesson 2: Being Kind	Family and Friendships Lesson 3: Families
You Choose Red Rockets and Rainbow Jelly	Hello Hello The Family Book Appreciate: showing gratitude and being thankful	Everybody's Welcome Blue Chameleon

Children play co-operatively, taking turns with others. They take account of one another's ideas about how to organise their activity. They show sensitivity to others' needs and feelings, and form positive relationships with adults and other children.

Children are confident to try new activities, and say why they like some activities more than others. They are confident to speak in a familiar group, will talk about their ideas, and will choose the resources they need for their chosen activities. They say when they do or don't need help.

Children talk about how they and others show feelings, talk about their own and others' behaviour, and its consequences, and know that some behaviour is unacceptable. They work as part of a group or class, and understand and follow the rules. They adjust their behaviour to different situations, and take changes of routine in their stride.

Children talk about past and present events in their own lives and in the lives of family members. They know that other children don't always enjoy the same things, and are sensitive to this. They know about similarities and differences between themselves and others, and among families, communities and traditions.

Year 1:

<p>Growing and caring for Ourselves Lesson 1: Different friends</p> <p>Elmer Going to the Volcano</p> <p>Families and friendships Roles of different people; families; feeling cared for</p> <p>Relate: empathy</p> <p>Safe relationships Recognising privacy; staying safe; seeking permission</p> <p>Respecting ourselves and others How behaviour affects others; being polite and respectful</p> <p>Appreciate: impact of gratitude on self and others</p> <p>Celebrate: different characters are something to celebrate</p>	<p>Growing and caring for Ourselves Lesson 2: Growing and changing</p> <p>Want to play Trucks? Ten Little Pirates</p> <p>Animals including Humans</p> <p>Using the internet safely and respectfully Purple Mash Unit 1.1</p> <p>Belonging to a community What rules are; caring for others' needs; looking after the environment</p> <p>Media literacy and Digital resilience Using the internet and digital devices; communicating online</p> <p>Money and Work Strengths and interests; jobs in the community</p>	<p>Growing and caring for Ourselves Lesson 3: Families and care</p> <p>My World, Your World Errol's Garden</p> <p>Physical health and Mental wellbeing Keeping healthy; food and exercise; hygiene routines; sun safety</p> <p>Growing and changing Recognising what makes them unique and special; feelings; managing when things go wrong</p> <p>Celebrate: what are our unique strengths</p> <p>Keeping safe How rules and age restrictions help us; keeping safe online</p>
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Year 2:

<p>Differences Lesson 1: Differences</p> <p>Can I join your club? How to be Lion</p> <p>Animals including Humans</p> <p>Keeping personal information private and identifying where to go for help and support when they have concerns about content or contact on the internet Purple Mash Unit 2.2</p>	<p>Differences Lesson 2: Male and Female Animals</p> <p>The Great Big Book of Families Amazing</p> <p>Belonging to a community Belonging to a group; roles and responsibilities; being the same and different in the community</p> <p>Media literacy and Digital resilience The internet in everyday life; online content and information</p>	<p>Differences Lesson 3: Naming the body parts</p> <p>What the Jackdaw saw All are Welcome</p> <p>Physical health and Mental wellbeing Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help</p> <p>Growing and changing Growing older; naming body parts; moving class or year</p>
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<p>Celebrate: how are we different</p> <p>Families and friendships Making friends; feeling lonely and getting help</p> <p>Safe relationships Managing secrets; resisting pressure and getting help; recognising hurtful behaviour</p> <p>Respecting ourselves and others Recognising things in common and differences; playing and working cooperatively; sharing opinions</p>	<p>Money and Work What money is; needs and wants; looking after money</p>	<p>Keeping safe Safety in different environments; risk and safety at home; emergencies</p>
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Year 3:

<p>Valuing Difference and Keeping Safe Lesson 1: Body Differences</p> <p>We are all Wonders This is our house</p> <p>Unit 3.5 – We are communicators (Communicating safely on the internet) Purple Mash Unit 3.2</p> <p>Families and friendships What makes a family; features of family life</p> <p>Safe relationships Personal boundaries; safely responding to others; the impact of hurtful behaviour</p> <p>Respecting ourselves and others Recognising respectful behaviour; the importance of self-respect; courtesy and being polite</p>	<p>Valuing Difference and Keeping Safe Lesson 2: Personal Space</p> <p>The Truth about Old People Beengu</p> <p>Belonging to a community The value of rules and laws; rights, freedoms and responsibilities</p> <p>Media literacy and Digital resilience How the internet is used; assessing information online</p> <p>Money and Work Different jobs and skills; job stereotypes; setting personal goals</p>	<p>Valuing Difference and Keeping Safe Lesson 3: Help and Support</p> <p>The Hueys in the New Jumper Planet Omar</p> <p>Animals including Humans</p> <p>Physical health and Mental wellbeing Health choices and habits; what affects feelings; expressing feelings</p> <p>Appreciate: who do we appreciate and why</p> <p>Growing and changing Personal strengths and achievements; managing and reframing setbacks</p> <p>Keeping safe Risks and hazards; safety in the local environment and unfamiliar places</p>
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Celebrate: recognising differences and responses		
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Year 4:

<p>Growing Up Lesson 1: Changes</p> <p>Along Came a Different Dogs Don't Do Ballet</p> <p>Families and friendships Positive friendships, including online</p> <p>Safe relationships Responding to hurtful behaviour; managing confidentiality; recognising risks online</p> <p>Respecting ourselves and others Respecting differences and similarities; discussing difference sensitively</p>	<p>Growing Up Lesson 2: What is Puberty?</p> <p>Aalfred and Aalbert Red: A Crayon's Story</p> <p>Animals including Humans</p> <p>Belonging to a community What makes a community; shared responsibilities</p> <p>Media literacy and Digital resilience How data is shared and used</p> <p>Money and Work Making decisions about money; using and keeping money safe</p>	<p>Growing Up Lesson 3: Healthy Relationships</p> <p>When Sadness Calls Julian is a Mermaid</p> <p>To identify biased and non- biased information on the internet Purple Mash Unit 4.2</p> <p>Physical health and Mental wellbeing Maintaining a balanced lifestyle; oral hygiene and dental care</p> <p>Growing and changing Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty</p> <p>Keeping safe Medicines and household products; drugs common to everyday life</p>
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Year 5:

<p>Puberty Lesson 1: Talking about Puberty</p> <p>Kenny Lives with Erica and Martina Rose Blanche</p> <p>Families and friendships Managing friendships and peer influence</p>	<p>Puberty Lesson 2: The Reproductive System</p> <p>Mixed How to Heal a Broken Wing</p> <p>Use technology safely, respectfully and responsibly. Recognise acceptable and unacceptable behaviour Purple Mash Unit 5.2</p>	<p>Puberty Lesson 3: Help and Support</p> <p>And Tango Makes Three The Girls</p> <p>Animals including Humans</p> <p>Physical health and Mental wellbeing Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies</p>
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<p>Safe relationships Physical contact and feeling safe</p> <p>Respecting ourselves and others Responding respectfully to a wide range of people; recognising prejudice and discrimination</p> <p>Celebrate: what make us, us</p>	<p>Belonging to a community Protecting the environment; compassion towards others</p> <p>Media literacy and Digital resilience How information online is targeted; different media types, their role and impact</p> <p>Money and Work Identifying job interests and aspirations; what influences career choices; workplace stereotypes</p>	<p>Growing and changing Personal identity; recognising individuality and different qualities; mental wellbeing</p> <p>Appreciate: behaviours affect other</p> <p>Keeping safe Keeping safe in different situations, including responding in emergencies, first aid and FGM</p>
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Year 6:

<p>Puberty, Relationships & Reproduction Lesson 1: Puberty & Reproduction</p> <p>King of the Sky The Only Way is Badger</p> <p>Families and friendships Attraction to others; romantic relationships; civil partnership and marriage</p> <p>Celebrate: Who am I?</p> <p>Relate: Foundations of friendships</p> <p>Safe relationships Recognising and managing pressure; consent in different situations</p> <p>Respecting ourselves and others Expressing opinions</p>	<p>Puberty, Relationships & Reproduction Lesson 2: Communication in Relationships</p> <p>Leaf</p> <p>Belonging to a community Valuing diversity; challenging discrimination and stereotypes</p> <p>Media literacy and Digital resilience Evaluating media sources; sharing things online</p> <p>Money and Work Influences and attitudes to money; money and financial risks</p>	<p>Puberty, Relationships & Reproduction Lesson 3: Families, Conception & Pregnancy</p> <p>The Island Introducing Teddy</p> <p>Animals including Humans</p> <p>Physical health and Mental wellbeing What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online</p> <p>Growing and changing Human reproduction and birth; increasing independence; managing transitions</p> <p>Keeping safe Keeping personal</p>	<p>Puberty, Relationships & Reproduction Lesson 4: Online Relationships</p> <p>A Day in the Life of Marlon Dundo</p> <p>Purple Mash Unit 6.2</p>
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and respecting other points of view, including discussing topical issues		information safe; regulations and choices; drug use and the law; drug use and the media	
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Additional folder Year 5/6:

Unit 1: FGM
Unit 2: Respect & Equality